

EATING FOR STRONG BONES! GETTING ENOUGH CALCIUM

Take your hand and wiggle the end of your nose. See how it moves? Your baby's bones wiggle like that early in pregnancy! But by birth, they are hard — thanks to calcium!

You need more calcium when you are pregnant. Most pregnant women need to drink milk to get enough calcium.

But what if you don't like milk?

You need the calcium in 3 cups of milk a day. . .but what if you can only drink one or two glasses a day? What if milk gives you a stomachache or diarrhea? Maybe these ideas will help.

If 3 cups is just too much milk to drink:

Drink milk maybe two times a day and then have a food made with milk, like cheese.

- Two ounces of cheese has the calcium found in one glass of milk.
- Enjoy cheese in sandwiches, tacos, pizza, omelets, macaroni and cheese.
- Try yogurt. One cup has the same calcium as one cup of milk.
- Use milk in soups and puddings.
- Have cheddar cheese with fruit for a snack.
- Have a bowl of cereal with milk.

If milk gives you problems:

Sometimes people get stomachaches, gas, or diarrhea from milk. These may be caused by an intolerance to the sugar in milk call lactose.

If you are one of these people, you might be able to tolerate small amounts of milk and eat some foods made with milk.

Eat cheddar or swiss cheese. Try yogurt. They have little or no lactose.

Ask the dietitian about buying low-lactose milk or adding lactase drops or tablets to your milk. You can find these at a drug store or a large grocery store.

If the taste of milk is the problem:

- Put chocolate or strawberry flavoring in it.
- Drink it really **cold!**
- Have it hot - in cocoa or hot chocolate.

If it's hard to remember to drink milk:

- Drink it with your meals.
- Ask someone to remind you.
- Put a note on the refrigerator that says, "Have you had your milk today?"

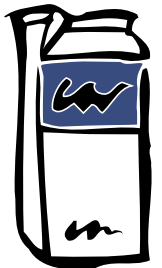
Other Foods with Calcium:

Our bodies get calcium very easily from milk, cheese or yogurt. Here are other foods that can add to the calcium you get every day:

- ✓ **Dried beans and peas, cooked**
- ✓ **Salmon with bones, shrimp and sardines, mackerel**
- ✓ **Mustard greens, turnip greens, broccoli, brussels sprouts**
- ✓ **Tofu (the curd made with soy bean milk)**
- ✓ **Calcium-fortified fruit juices**
- ✓ **Foods with beans in them, like chili**
- ✓ **Foods with cheese in them, like macaroni and cheese, lasagna, tacos, nachos**

I Want Strong Bones For Baby and Me.

One Change I Will Make:



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